

Five steps to helping children manage big feelings



Listen to the child's feelings with your whole body

- Stop what you're doing
- Get down to your child's level
- Look at the child (their focus is on the expression on your face and tone of voice)
- Speak using a calm voice (their focus is on the tone of your voice)



Put your child's feelings into words

- "It looks like you're pretty angry/sad/scared about that"
- "You sound cross"
- "I can hear this is really frustrating for you"
- "I can see you are feeling hurt/worried/anxious"



Help him/her to notice what is happening in their body

- "How does that feel in your tummy?"
- "How does that feel in your head?"
- "Your arms look really stiff and tight, can you notice that?"
- "I wonder what you can notice happening in your body at the moment?"



Empathise with them

- "It's tough when...."
- "I can understand that you might feel annoyed when...."
- "If that happened to me, I'd be angry too"
- "Wow, that's really tough, I can see how much upset you"



Help him/her to solve their own problem

- "What could you do about it?"
- "Next time that happens what would you like to do?"
- "I wonder what would help?"

